



## AMREF INTERNATIONAL TRAINING CENTER

Qualification code : 092306T4SWC  
Qualification : Social work and community development level 6  
Unit code : BUS/OS/SW/CC/03/6  
Unit of competency : Perform psycho social support

## CANDIDATE FINAL WRITTEN ASSESSMENT

### INSTRUCTIONS TO CANDIDATE

1. You have **THREE (3)** hours to answer all the questions.
2. Marks for each question are indicated in the brackets.
3. The paper consists of **TWO** sections: A and B
4. Do not write on the question paper.
5. A separate answer booklet will be provided.

*This paper consists of **THREE (3)** printed pages.*

*Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing*

**SECTION A (40MARKS)**

***Answer All the Questions in This Section***

1. Counseling helps many individuals. Highlight **four** benefits of note-taking in a counseling session. (4 Marks)
2. It is very important to assess the client before any therapy. Outline **five** reasons for assessing clients in before providing psychosocial support services. (4 Marks)
3. Distinguish between the following terms as used in psychosocial support services
  - a) Non-directive and eclectic method counseling (2 Marks)
  - b) Client-initiated termination and counselor-initiated termination. (2 Marks)
4. Sometime a client would want to be defensive. Identify **three** defense mechanisms that may arise in the course of working with a client in counseling. (3 Marks)
5. There so many reasons why an individual may require counseling. Mention **four** psychological issues that may necessitate an individual to seek psychosocial support services. (4 Marks)
6. Relationship between the client and therapist is very paramount. Identify **three** ways of building and maintaining relationship with a client during the assessment phase. (3 Marks)
7. In an initial session with a social worker the client refuses to permit the medical and family records to be released. State **four** scenarios that may warrant the counselor to breach the confidentiality of the client. (4 Marks)
8. James has had a difficult time expressing her issues to counseling. Highlight **three** strategies a counselor should use to explore information from the client. (3 Marks)
9. Joan isa counseling psychologist who works with secondary school students. Outline **three** codes of ethics that Joan needs to observe in counseling. (3Marks)
10. Pyscho-social support is very key aspect in various institutions. Enumerate **four** roles of psychosocial support activities (4 Marks)

11. A 28-year-old client with a long-standing history of drug use is referred to a social worker by a concerned relative. Name **two** methods you can recommend to reduce drug and substance abuse among youths. (2 Marks)
12. Recently mental illnesses are very common in the society. Highlight **two** examples of mental illnesses. (2 Marks)

**SECTION B (60MARKS)**

*Answer any THREE (3) questions in this section*

13. Marna Blue is a 32-year-old woman who was sexually abused by her father when she was a teenager. Originally, the abuse started when her mother was hospitalized for three months and Marna, as the eldest daughter, had to take over many of her mother's responsibilities. Marna hails from Salama, in Dallas County, and is currently a teacher at an elementary school. Although she has always had some recollections of the abuse, it is not until recently that Marna felt that it was having a big impact on her life. She describes herself as having experiences of nightmares, relationship problems, contact with her family of origin, and events that reinforced her low self-esteem. She describes the impact of the exposure to trauma which has led her to indulge in drug addiction

Using the case study above, answer the following questions;

- a) Identify **two** theories that can be used to explain Marna's behavior (2 Marks)
- b) Describe **three** tools you can use to assess the client (6 Marks)
- c) Explain **two** components of a psychosocial assessment tool. (4Marks)
- d) Prepare a profile of the client from the case study above (5 Marks)
- e) Explain **three** therapy technique you can adopt as a counsellor to assist the client (3Marks)
14. You have been tasked to look for a counselor for your organization to work with clients seeking for psychosocial support services.
- a) Describe **five** personal qualities you would consider when hiring a counselor. (10 Marks)
- b) Describe **five** stages the counsellor should follow when conducting counselling sessions with the clients. (10 Marks)

15. Communication can successfully strengthen relationships in counseling by gathering feedback from the client and incorporating it into treatment.

a) Explain **five** types of communication essential in counseling. (10 Marks)

b) Discuss **five** barriers to effective communication in counseling. (10 Marks)

16. Kathumi counseling center emphasises on the need of attaching a client's case to a certain theory of counselling. Also, they are very serious on maintaining a client's confidentiality and other ethical considerations.

a) Theoretical approaches are an integral part of the therapeutic process. Explain **five** counseling theories (10 Marks)

b) The ability to manage boundaries is a competency that all counselors and therapists should have. With reference to the above statement, discuss **five** qualities of a counsellor. (10 Marks)